

Looking After Your Mental Health During COVID-19 LOCKDOWN



Things you can do now to support positive mental health!

- Stay in touch with friends and loved ones, and organise to catch up with them online!
- Nourish your brain by eating healthy. Your brain (and therefore your mental health) needs nutrients to function it's best.
- Try to maintain a similar daily routine as when you actually come to school! This includes waking up (and going to sleep) at similar times to normal, showering and getting dressed. Sometimes it might feel silly because you're not going anywhere, but it is very healthy for your mind to maintain this routine.
- Exercise! It boosts your mood and mental health – make it fun! Even a little bit can go a long way.
- Enjoy having more time to do things you love! Prioritise time for your hobbies or interests. If you don't have any, talk to a friend or

- family member about what they do to relax or explore a new enjoyable activity to start – you might find something unexpectedly that you really like!
- Explore relaxation techniques to rest and recharge. You can research and experiment with mindfulness activities or breathing techniques. There are heaps of resources online, and some great guided mindfulness activities on YouTube.



Signs that you or a friend may need some support

- Loss of interest in activities you normally enjoy
- Feeling 'low', unusually stressed or worried
- Ordinary things getting harder
- Being easily irritated or angry
- Significant changes in sleeping or eating patterns
- Taking more dangerous risks, like using alcohol or drugs
- Withdrawing from friends and family
- Feeling overwhelmed
- Difficulties with concentration and motivation
- Having a lot of negative thoughts

Where can you get more information?



www.headspace.org.au



www.kidshelpline.com.au

There are some FREE online programs to help with many mental health concerns

The BRAVE program is an online program that provides teenagers and their parents with information and skills to help cope with worries and anxiety.



BITE BACK is an online positive psychology program designed to improve the overall wellbeing and resilience of young Australians aged 13 – 16 years old.



Where can you get some more mental health support?

- Talk with your parents about how you are feeling
- Visit your GP/Doctor
- E-Headspace
<https://headspace.org.au/eheads-pace/>
- Kids Helpline: 1800 551 800
www.kidshelpline.com.au
- Lifeline: 13 11 14
www.lifeline.org.au
- Beyond Blue: 1300 224 636
www.beyondblue.org.au
- Head to Help: 1800 595 212
www.headtohelp.org.au

Supporting your friends

You and your friends can support each other by:

- Reaching out to a friend, offering support and letting them know you care.
- Letting your friend know you may need to tell a trusted adult about your concerns.
- Contacting 000 if a friend needs urgent assistance or is at risk of harming themselves or others.

Having these types of conversations with friends can be difficult.

Information on how to support a friend is available on the headspace website:

<https://headspace.org.au/young-people/how-to-help-a-friend/>



24/7 Mental Health Services

Beyond Blue

Anyone feeling anxious or depressed

beyondblue.org.au

1300 22 4636

Kids Helpline

Counselling for young people aged 5 to 25

kidshelpline.com.au

1800 55 1800

MensLine Australia

Men with emotional or relationship concerns

mensline.org.au

1300 78 99 78

Open Arms

Veterans and families counselling

openarms.gov.au

1800 011 046

Lifeline

Anyone having a personal crisis

lifeline.org.au

13 11 14

Suicide Call Back Service

Anyone thinking about suicide

suicidecallbackservice.org.au

1300 659 467



Is it an emergency?

If you or someone you know is at immediate risk of harm, call triple zero (000)

healthdirect

Family violence support and resources

- **Safe Steps:** 1800 015 188
www.safesteps.org.au
- **1800RESPECT:** 1800 737 732
www.1800respect.org.au
- **What's okay at home:**
www.woah.org.au

